



# The Fleet & Family Support Center

November  
2001



## A MID-SOUTH CALENDAR FOR EDUCATION AND TRAINING NATIONAL CAREER DEVELOPMENT MONTH

### MILITARY FAMILY APPRECIATION WEEK 18-25 NOVEMBER

#### What does it mean to be a military family?

It means living, loving and working together—like any other family but with some special qualities.

#### **Dedication**

-- knowing a strong national defense depends on the partnership between the military, service members and their families

#### **Commitment**

--working together to achieve individual, family and national goals

#### **Sacrifice**

--making difficult choices and accepting important responsibilities

#### **Adaptability**

--sharing new experiences, finding hidden strengths and promoting family growth

### FOR PARENTS & CAREGIVERS

#### **Active Parenting Today**

*Tuesdays beginning 13 November and continuing 20, 27, 4, 11 and 18 December from 1500-1700.*

If you have children ages 2-12, give yourself six evenings to become a "pro" at this most important job. Topics include The Active Parent, Instilling Courage and Self-esteem, Understanding Your Child, Developing Responsibility, Winning Cooperation, and Active Parenting in a Democratic Society. Active Parenting Today recognizes that today's issues are today's families, and although families may differ, the problems are the same. Come and learn how to talk to your child and be a better parent.

### NOVEMBER HAS BEEN DESIGNATED AS NATIONAL CAREER DEVELOPMENT MONTH

#### **Career development helps you:**

- ⇒ Decide what type of career you want
- ⇒ Determine the skills you need
- ⇒ Discover ways to get those skills

**Get a head start on your career by visiting the Career Development and Resource Center (CDRC) at the FFSC. We provide:**

- ⇒ Custom training
- ⇒ Resource materials
- ⇒ Automated skills assessment
- ⇒ Job skills identification
- ⇒ Translation of military jargon to civilian terminology
- ⇒ Resume writing guides
- ⇒ Video library
- ⇒ Focused classes
- ⇒ Job listings

#### **Spouse Employment Assistance Program (SEAP)**

The SEAP manager liaisons with local employers to help spouses pursue employment opportunities at their current duty station. They also work with other SEAP managers to assist spouses seeking employment at their future duty stations. They provide training and guidance for those deciding which career fields to enter or those desiring a career change.



### **Introduction to the Internet**

*November 19 from 2:00 p.m. to 4:30 p.m.*

*December 17 from 2:00 p.m. to 4:30 p.m.*

This workshop will introduce you to the Internet language, use the Internet Explorer 5.5 browser, and teach you how to surf the World Wide Web (www) through search engines.

### **Job Search Via the Internet**



*November 15 from 3:00 to 4:30 p.m.*

*December 20 from 3:00 to 4:30 p.m.*

The Internet is a valuable tool for job searching. Learn to use search engines to locate job announcements, company information, monster boards, and career advice. We cover techniques for completing online applications and résumé. This is the wave of the future-catch it!

### **Transition Assistance Program (TAP)**

*Open to All: November 5-9 8:30 a.m. – 4:00 p.m.*

*Executive: December 3-7 8:30 a.m. – 4:00 p.m.*

The Transition Assistance Program (TAP) provides information and assistance to all separating or retiring members regarding pre-separation counseling, employment assistance, relocation assistance, and veterans' benefits. Military members and their spouses are encouraged to attend a TAP seminar at least 180 days prior to their scheduled separation or retirement date.

### **Relocation Assistance Program (RAP)**

RAP offers information to those new to an area or about future duty stations. The Website at [www.dmdc.osd.mil/sites](http://www.dmdc.osd.mil/sites) provides information about military installations worldwide. "Welcome aboard" information, trip planners, and relocation counseling is also available.

## **Fleet and Family Support Center**

### **Naval Support Activity Mid-South**

**5722 Integrity Drive**

**Bldg. 456, 3rd floor**

**Millington, Tennessee 38054-5045**

**Local: (901) 874-5075/5375**

**DSN: 882-5075/5375**

**Fax: (901) 874-5556**

## **Looking for something interesting and informational to do for lunch? Attend one of our BROWN BAG TRAINING SESSIONS**

### **Stress Management**

*November 13 from 11:30-12:30*

Feeling a little stressed these days? Who Doesn't. Learn coping skills and relaxation techniques that will help make life a little easier

### **How To Talk To Your Child About Terrorism**

*November 19 from 11:30-12:30*

Why do I feel bad? Why do they want to hurt us? Has your child asked these questions? This session will cover ways to help your child understand that bad things happen and the impact on you and your child.

### **Stress Management**

*November 29 from 11:30-12:30*

"OOPS! I was so stressed that I ate the whole turkey and don't even know how it tasted". If you feel as though you are on a merry-go-round and controlled by the situations of life rather than being in charge? Come and work together on regaining our sense of control.

### **Secrets to Job Fair Success**

*November 26 from 11:30-12:30*

Instead of pounding the pavement, you go to one place where several employers are ready and willing to talk to you. Find out why job fairs are becoming the ideal way for employers to find people like you and you'll discover how you can benefit from using the job fair to find your next job.

### **Why Should I Hire You?**

*November 27 from 11:30-12:30*

Answer this interview question as well as many others. Learn what employers look for in the people they hire. Be prepared to tell the employer what you can do for them at your next interview.

### **The Resume Zone**

*November 28 from 11:30-12:30*

Travel the zone of incomplete resumes containing ambiguous goals, unstated objectives, and ill-expressed qualifications. Presented in a humorous format.

### **Preparing to Purchase Your Dreamhome**

*November 30 from 11:30-12:30*

Are you thinking about buying your own home? Attend this session and learn about market value, building equity, tax savings, selecting and purchasing own home.

**FLEET AND FAMILY SUPPORT CENTER classes and workshops are free; however, registration is necessary. Call 874-5075/5375 to register.**

**WE EXPRESS OUR APPRECIATION TO THE MILITARY FAMILIES WORLDWIDE FOR THE VALUABLE CONTRIBUTIONS THAT THEY MAKE TO OUR GREAT NATION!**